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1. Method of transmitting data packets over a channel, the data packets having compressed headers, the method comprising the steps of:

compressing a header using a context; and

transmitting a number of consecutive update packets, each containing data indicating said context;

wherein the method further comprises the steps of:

determining the channel quality; and

setting said number of update packets dependent on the determined channel quality.

- 2. The method according to claim 1, wherein the step of determining the channel quality includes evaluating a measurement value of the block error rate in the channel.
- 3. The method according to claim 1, wherein the step of determining the channel quality includes evaluating a measurement value of the signal-to-noise ratio.
- 4. The method according to claim 1, wherein the step of determining the channel quality comprises the step of determining whether a NACK message is received.
  - 5. The method according to claim 1, wherein:
- a sequence of subsequences of data packets is transmitted, each subsequence including a number of consecutive update packets;

the number of consecutive update packets of only the first subsequence being set according to the determined channel quality; and

the number of update packets in the following subsequences is subsequently decreased by a predetermined number.

- 6. The method according to claim 1, further comprising the step of transmitting a number of consecutive non-update packets not containing data indicating said context, wherein the total number of update and non-update packets transmitted during a context update phase is set according to the Round Trip Time.
  - 7. The method according to claim 6, further comprising the steps of:

detecting a silent period;

transmitting a data packet not having a correctly compressed header;

5 receiving a NACK message; and

setting the Round Trip Time to the time difference between transmitting and receiving.

- 8. The method according to claim 1, further comprising the step of transmitting a number of consecutive non-update packets not containing data indicating said context, said number of non-update packets being determined based on codec properties and said number of update packets.
- 9. Apparatus for transmitting data packets over a channel, the data packets having compressed headers, the apparatus comprising:

a compressor for compressing a header using a context;

transmission means for transmitting a number of consecutive update packets, each containing data indicating said context;

means for determining the channel quality; and

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control means for setting said number of update packets dependent on the determined channel quality.

- 10. The apparatus according to claim 9, wherein said means for determining the channel quality includes means for evaluating a measurement value of the block error rate in the channel.
- 11. The apparatus according to claim 9, wherein said means for determining the channel quality includes means for evaluating a measurement value of the signal-to-noise ratio.
- 12. The apparatus according to claim 9, wherein said means for determining the channel quality comprises means for determining whether a NACK message is received.
- 13. The apparatus according to claim 9, wherein:
- a sequence of subsequences of data packets is transmitted, each subsequence including a number of consecutive update packets;

the number of consecutive update packets of only the first subsequence being set according to the determined channel quality; and

the number of update packets in the following subsequences is subsequently decreased by a predetermined number.

- 14. The apparatus according to claim 9, wherein said transmission means is arranged for transmitting a number of consecutive non-update packets not containing data indicating said context, wherein the total number of update and non-update packets transmitted during a context update phase is set according to the Round Trip Time.
- 15. The apparatus according to claim 14, wherein said control means is further arranged for detecting a silent period, transmitting a data packet not having a

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correctly compressed header, receiving a NACK message, and setting the Round Trip Time to the time difference between transmitting and receiving.

16. The apparatus according to claim 9, wherein said transmission means is arranged for transmitting a number of consecutive non-update packets not containing data indicating said context, said number of non-update packets being determined based on codec properties and said number of update packets.